

# PREPPING TO BUG-OUT

## RESOURCE GUIDE

DISASTER PREPARATION AND SURVIVAL GEAR SO YOU CAN  
BE SELF-RELIANT WHEN THE SQUID HITS THE FAN (SHTF)



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# **Prepping to Bug-Out**

## **Resource Guide**

Disaster Preparation and Survival Gear so you can be Self-Reliant  
when the Squid Hits the Fan (SHTF)

John Rhodes

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## Introduction – Why Plan Ahead?

“Most people don’t plan to fail; they fail to plan.” —John L. Beckley

The federal budget allocates more on the interest paid to the Federal Reserve Bank than on actual military defense. The net worth of the US government is negative 17 trillion dollars. And now, the Federal Reserve is nearly insolvent--only 1.35% is held as deposits on demand. The United States government is insolvent by its own admission.

Civil unrest, rioting, looting and home invasions tend to unfold in seconds not weeks.

December 1<sup>st</sup>, 2001, bank accounts were confiscated in Argentina. Middle class professionals were shot and killed indiscriminately in street protests by the police. The president escaped by helicopter.

Cyprus bank accounts were seized by their government in 2013.

The NSA chief states that the U.S. infrastructure is highly vulnerable to cyber-attack. Think a SHTF would never happen in the USA? Why not, because we’re privileged?

What exactly did happen in the aftermath of Katrina?

## About This Book and How it is Different

This is a different kind of book. In fact, in some ways, it's not really a "book" at all. The truth is, just about everything you could possibly need to know about Prepping is available for free online. The problem is that you are busy. You probably have a job, hobbies, family, friends and a life to attend to. Your limited time is valuable. You could dig through the tangled web of Prepping information that is out there trying to find the information that is relevant and important to you. Or you could spend your valuable time actually making preparations for the future.

That's where this Prepping Guide comes in. This is your quick guide to the best of the best online resources for Prepping. This guide covers the essential topics you need to be familiar with to be prepared and includes links to the best online resources created by Prepping experts.

## **Common Prepper Acronyms and Definitions Used in This Book:**

**Bugging Out** – When you decide to leave your current location very quickly because your location has become dangerous or compromised because the SHTF.

**Bugging In** – When you decide to stay in your current location after the SHTF

**BOB** -- Bug-out bag

**SHTF** — Squid hits the fan (polite version)

**WROL** — Without rule of law

**DIY** —Do it yourself, as commonly used in US English

**MRE** -- Meal, ready to eat.

**EDC** — Everyday carry (item)

## **Chapter 1 – Planning for the Before, During, and After Bug-Out Phase**

Keep alert to news on a global, national, and local level. If you live in an urban environment and plan (as most urban Preppers do) to bug-out to a rural area, iron out your details A to Z. Some additional questions to consider are sustainability at your relocation site, relocation buddy network and the route to that location under various adverse conditions. Go through the various scenarios mentally as some bug-out options may leave you worse off than if you had not bugged-out of the city. And that is assuming you even make it to your rural safe house.



## 1. Sustainability

Setting up a sustainable homestead requires time and effort. And to make it defensible adds yet another hurdle. Masanobu Fukuoka is not a name you hear much within the Prepper community, but regarding time, effort and stealth for food sustainability at the relocation homestead this link is noteworthy:

\*Stealth and effortless farming: <http://www.scribd.com/doc/221361008/Masanobu-Fukuoka-Natural-Way-of-Farming> .

In the event that link vanishes from Scribd, his scientifically acclaimed taoistic style of farming book entitled Natural Way of Farming can be ordered through Amazon. I highly recommend it. The finished product of your “farm” will not play to your ego but stealth actions are not about the ego, nor is in this case showing acres of shiny crops. Tilling, watering, weeding, and pruning —chores prohibitive to absentee homesteaders— become non issues with some level of mastery of this farming approach.

I spoke to Mr. Fukuoka in 1992 by phone through an interpreter. He said his neighbors hated him because his place always looked overgrown and completely unkempt. In this context that easily translates as stealth. I’d throw in several thorny wild rose bushes, locust trees, or a blackberry thicket around the perimeter as well.

Also noteworthy in this category of food at your relocation site is potential foraging.

\*Valuable information on foraging: <http://www.eattheweeds.com>

## 2. Water.

Potable drinking water is a must. Even water that is not potable is valuable. Keeping several gallons of potable water in storage is easy and should be a top priority. In some SHTF situations, water supply and sanitization in urban areas will stop. Bugging-out with gallons of water takes a lot of space. Keeping water in a bug-out vehicle is also useful.

The following site is well researched and written for a DIY urban or rural Prepper and can be done cheaply:

\*Water filtration DIY: <http://doomzdaypreppers.com/diy-emergency-water-filtration/>

or simply buy a small portable filter or purification tablets. These are easily found in camping stores and online.

\*Water on a Small Scale:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2538077/pdf/bullwho00538-0227.pdf>

When you are out of water, and have even consumed water from the hot water heater and storage tank of the toilet, see the final chapter on when it’s time for other

alternatives.

### 3. Food.

Save space and weight by packing an MRE for a day instead of just one meal. A BOB filled with 72 hours of store bought MREs is both expensive and inefficient packing. While there are several websites on DIY MREs, a lot of Preppers don't consider creating their own MREs and consequently don't run a search for tips on this subject. You can create these yourself saving the packaging fees and decide what to pack in your MRE. Depending on journey time from bug-out to bug-in location, prepping for 72 hours of food and water is a popular benchmark for the bug-out transition.

\* How and why to include what in your DIY MREs:

<http://pacnorwild.blogspot.com/2012/06/diy-mre.html>

\*Another DIY MRE link on how to but not so much what to:

<http://www.instructables.com/id/DIY-MREsa-tutorial/>

\* Further ideas for DIY MREs: <http://www.thesurvivalistblog.net/bug-out-bag-meals-dyi-mres/>

In the urban setting most people don't have the luxury of garden space. Maximize your indoor space by growing what you can and this will add to your food stash discreetly. Think of food storage and gardening as a covert operation. Having multiple stashes is smart. There is no reason to tip your hand to others in terms of where you keep your multiple hidden caches of canned goods. Fresh food grown indoors potentially has its place in the timeline of pre-bug-out.

\*Here is an unexpected site on growing walls of indoor edible plants:

<http://growediblewalls.com>

While the above link is a retail site, in keeping with the DIY spirit, it has great information for the urban dweller on indoor growing. That site is complemented with the following 2 sites:

\*Best edible houseplants: <http://greatist.com/health/best-plants-to-grow-indoors> and

\*More edible houseplants <http://www.beautiful-vegan.com/2011/10/7-edible-houseplants-you-can-grow.html>

Spider plants have edible roots (the tubulars) which also store water. They grow fast and easy and look innocent. Also on that note, aloe has practically been worshipped for eons so keep that medicinal, edible plant around.

No need to brag about your edible garden.

This next option requires much more real estate flexibility, but it's worth a quick mention because it's a good concept:

\*Rooftop gardening at <http://rooftopgarden.com>

#### 4. Currency.

Gold, silver, cash, coins, and whatever else someone needs are currency. Certain situations may cause the dollar to be immediately worthless. Diversifying into other currencies such as gold or silver can hedge against this. Gold is best for moving a quantity of wealth efficiently and not for barter for common items after SHTF do to its high value. Yes, gold can be decimated into very small quantities which would make it comparable to silver in terms of practicality.

Silver is the mainstream Prepper go-to currency for daily barter. Silver does add up in weight, however, so know your carry limit and use gold if needed. Ideally, have a portion of your barter currency stashed at your relocation destination to lessen the weight of the currency as you go from point A to B.

I don't see the purpose of packing precious metals as barter during the bug-out phase so much as keeping some stashed at all possible survival locations in the event you end up bugging out or unintentionally bugging-in and require it for the long haul.

Carrying it will just weigh you down during the bug-out phase when cash will still be king in most scenarios. Thus, this I would recommend just carrying a small amount of precious metals simply to diversify your stash away from just your relocation site.

Burying en route to your final destination might be a good idea as it further breaks up your stash. Commonly used are large (4") PVC pipes from home improvement stores. Caps can usually be bought in the same section of the store. Using Elmers rubber cement for securing the caps works and the containers can be reused.

Sometimes you can find threaded PVC caps and tubing but that isn't a requisite. I also use duct tape as an external seal after the caps are dried and it's ready to bury. Using these containers to store other items sensitive to water can be handy but double zip lock bags should be used inside the container as well. Using moisture absorbing packets inside is also smart.

Don't get lazy when burying the canister(s). Animals will dig around something buried in the wild especially shortly after it has been buried. Bury deep. Take your time. Do it under a full moon if possible for concealment. Use waterproof and very strong containers if not PVC.

\*Burying valuables: <http://howtoburyyourvaluables.wordpress.com>

A common trick to avoid metal detection is to bury it deep and layer junk metal items through layers of soil above your cache. This will deter anyone thinking they found items with their metal detector as they continue to dig layers of junk.

Regardless of what you bury, ideally frequent your stash at least every year. Geography changes faster than people realize. Do what you must to not lose track of your burial. Keep more than one burial site and have different maps for each which are coded in a way only you can read.

The honorable mention for currency goes to diamonds for those who are going offshore and may need to cope with x-ray detection. Swallowing precious jewels is an old method used by people on their way into detention (Jews going to concentration camps). Taking gold or silver through an airport will definitely show up on x-rays.

Firearm magazines should also be considered as currency. When the SHTF, bullets can be made more easily than magazines. A simple 9mm magazine could become priceless to someone. In going this route of creative barter items, think in terms of common denominator(s) for firearm magazines. A .22 caliber gun is an example of a common denominator as it is so popular.

At the very least, have PLENTY of extra personal gun magazines. If you have a baby Glock, keeping at least 10 magazines would hardly be extravagant. As with so many Prepper items the question is how much can you both store and afford. And more specific to the topic at hand, how much can you Bug-out with if your plan is to vacate in a flash.

Bitcoins are not generally well regarded within the Prepper community since a digital cyber SHTF event prevents your access to that part of your stash. Still, keeping a "wildcard" within a diversified portfolio isn't a bad idea. I would either keep none or keep less than 1% or 2% of savings in Bitcoin for the sake of prepping.

## 5. First aid and fire kits.

Often overlooked within the Prepper community are the actual skills of first aid. Taking a first aid and/or wilderness first aid course is highly recommended. In addition to that here are some valuable resources to help you stay healthy in adverse conditions:

\*First aid manual: First Aid Manual: 2013 - Triple One Care:

<http://www.tripleonecare.co.nz/site/tripleonecare/files/Triple%20One%20Care%20First%20Aid%20Manual%202013.pdf>

\* Red Cross guide — concise instructions: Adult First Aid/CPR/AED - American Red Cross:

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240170\\_Adult\\_ready\\_reference.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240170_Adult_ready_reference.pdf)

First aid kits are widely available with varying levels of usefulness. DIY kit instructions are quickly found on the internet. It's easy to assume gunshot wounds are covered in the spectrum of most kits and first aid docs, but they aren't:

\*Gunshot wound safety by a gun wound survivor and soldier:

<http://www.swfsa.org/docs/worst-case-scenario.pdf>

And you can save a few dollars by building your own gunshot wound first aid kit—overlooked in basic first aid kits.

\*Gunshot first aid kit: <http://survival.outdoorlife.com/blogs/survivalist/2013/05/survival-skills-build-your-own-gunshot-medical-kit>

For starting a fire, most folks have heard of using dryer lint kept in zip lock bags as a fire starter but the following DIY is a wicked good idea for a fire starter kit made for next to nothing.

\*Fire starter kit: <http://diyready.com/how-to-make-firestarters-egg-carton-dryer-lint/>

\*Firecraft survival Knowing survival fire craft can save your life...

<http://www.docstoc.com/docs/26998933/Knowing-survival-fire-craft-can-save-your-lifeBy-Robert-N>

\*Candle for warmth heating a car: <http://www.instructables.com/id/Altoids-Tin-Emergency-Candle/>

*be sure to tape and zip lock this item as it will wreak havoc on anything it melts on when in storage. Aim at storing it wicks up.*

## 6. Self-defense.

If you plan on including a firearm as part of your bug-out or bug-in you should train with it. Most people have not even taken their handgun to a shooting range. Secondly, learning how to draw then shoot is an often overlooked drill practice.

Most folks have never fired a gun at another person. Regarding combat psychology, I would suggest a couple of points on this topic which merits an entire book. First, when/if you practice in a combat shooting school, ask yourself, "Why am I doing this?" Practicing shooting other students in a classroom with protective gear with non-injurious projectiles is a world of difference from defending yourself from a home invading villain.

It is the same psychology which says don't help your training partner up when training in hand to hand combat. Sport martial art schools do this. The reason might not be obvious, but Police who have developed the habit of helping their training partner to their feet are prone to listlessly helping a villain back to their feet only to get attacked again in a real life situation.

Be smart and train with your mindset that it is for the protection of your family and yourself every time you train. Keep it in your mind. This is why an instructor will remind students to ask themselves periodically, "Why am I doing this?"

Secondly, but related to the above, as most have never pulled the trigger on another and fail to do so in the moment needed, do not bring the handgun to sight and aim at their face. It is psychologically easier for the novice shooter to fire at someone from the hip. Suffice it to say, this style of shooting must be practiced. Lining up the shot and keeping it fixed is an exercise drill to be practiced for first time defenders.

There are other reasons to not always line the villain up in the sight but I am merely addressing the psychology of shooting at a human for the first time and the statistical probability of not taking the shot. Due to a number of reasons, firing 2 shots from the hip may not stop the villain. That is the time to line up the shot at eye level and fire instead at the head of the villain.

You have already fired at the villain twice and have overcome that initial psychological barrier to pulling the trigger; firing a shot at the villain's head now becomes a less risky task from a psychological standpoint for you as a first time defender. If you won't pull the trigger despite your practice time spent shooting a paper target, it doesn't matter how sharp your shot would be at close range.

\*Buy or sell guns: <http://www.armslist.com>

\*Handgun drills practice Handgun Drills, Standards, and Training Page – Practical: <http://practicalfirearmstraining.com/reading/HandgunDrillsPDF.pdf>

\*Army handbook: Hand To Hand Combat - Modern Prepper Knife Combat - Version of Spetsnaz GRU - Shaolin Kung Fu: <http://modern->



[prepper.com/download/selfdefense/Army%20FM%2021-150%20-%20Hand%20To%20Hand%20Combat.pdf](http://prepper.com/download/selfdefense/Army%20FM%2021-150%20-%20Hand%20To%20Hand%20Combat.pdf)

Reality based martial arts schools are not as available as sport based martial art schools. For a martial art premised on being outnumbered, outgunned, tired, and the fight is not over just because you survived that block, check out the Russian martial art called Systema.

If you have limited study time I recommend Krav Maga. Silat schools have a fast learning curve and are great with/against edged weapon training. Full time Silat schools can be difficult to find.

Know your local laws regarding weapons especially when you are out and about. After you are cognizant of those statutes, know what you will do if your world is WROL. Decide if they are 2 identical scenarios for yourself or not.

Carrying a legal sized straight blade knife is great for so many uses. Folding knives tend to be weaker. The time it takes to deploy a folding knife is dangerously longer than deploying a straight blade. Nanoseconds count.

Improvised weapons practice is useful so as to not be too dependent on a given weapon. Steel toed shoes are awesome, discreet, and legal. Nowadays even dress shoes with x-ray proof composite style non-steel toes are available. Tactical pens are EDC for many. Training with improvised weapons —with formal training—as mentioned above usually includes a wide range of items: unbreakable umbrellas, pens, daypacks, military shovels, pepper spray and Tasers are all items which can not only be in a BOB but EDC as well. (Statutes permitting).

## Chapter 2 – Assembling the BOB and/or coat.

The bag itself: Here is a useful link with a check list tool and body weight calculation in creating a BOB. I am not including a link to a retailed bag as the market is saturated with bags—some waterproof, some bulletproof, some modular, etc. The BOB is a very personalized item and I couldn't have one that I recommend for every given situation.

\*BOB resource ideas: <http://bugoutbagacademy.com>

\*And some interesting resources for DIY EDC for your BOB: <http://edc-prepping.blogspot.com>

If you are prepping in a moderate to cold climate and have the budget for it, consider this. A company called Scottevest has made concealed carry jackets for a while which are also popular for travelers. Yes, this company is very popular within the Prepper community and recently released a coat called the Alpha. It has 35 pockets, is cut to a size which allows for body armor, has sleeve pockets for daggers, and several other James Bond features. Having a coat for bugging-out is a no brainer in cooler climates. It is best if it is discreet such as the Alpha jacket. Lightweight vests are also available.

\*Concealed carry coat: [http://www.scottevest.com/v3\\_store/Alpha\\_Jacket.shtml](http://www.scottevest.com/v3_store/Alpha_Jacket.shtml)

## **Chapter 3 – Bugging Out When it is Late in the Game**

Keeping yourself warm (or cool), hydrated, fed and preserving your physical body and sanity to survive a doomsday may become critical issues no matter how well you prepped to bug-out. Following are survival skills when you are without that which you think you must have in order to survive for a period of time.

## **Cold.**

No one handles the cold like Wim Hof, the Iceman. He has set Guinness records. In his book he writes for the western reader who has no experience in practicing eastern heat yoga systems or even meditation for that matter. Remarkably, he has been injected by endotoxins in a controlled environment and beat the endotoxins' sickening effects demonstrating the immune strengthening ability of his cold exposure training. He has spoken at TEDx on dealing with the cold for the sake of immunity enhancement. Heat and immunity: 2 birds with 1 stone.

\*Link Wim Hof book: InnerFire Wim Hof Method:

<http://www.innerfire.nl/files/15042013-wim-hof-method.pdf>

## **Combat conditioning.**

There are plenty of resources on the internet for combat conditioning without free weights. Staying in shape just requires some discipline. I do suggest a book which at the time of writing is available for review for free on Scribd by Mantak Chia entitled Iron Shirt Chi Kung. Western practitioners also report losing weight (obesity) with this practice. Not the easiest book for the western reader to plow through and the mental discipline required is significant but worth including here:

\*Tendon, ligament, bone strengthening 2 - Iron Shirt Chi Kung – LIPN: [http://lipn.univ-paris13.fr/~duchamp/Books&more/Neurosciences/Reflexologie/Bedside%20Table/%5BMantak\\_Chia%5D\\_Iron\\_Shirt\\_Chi\\_Kung\\_I.pdf](http://lipn.univ-paris13.fr/~duchamp/Books&more/Neurosciences/Reflexologie/Bedside%20Table/%5BMantak_Chia%5D_Iron_Shirt_Chi_Kung_I.pdf)

\*And more Iron Shirt 3: <http://www.slideshare.net/mantakchia/mantak-chia-iron-shirt-chi-kung-iii-bone-marrow-nei-kung>

At first blush these books will seem removed from the needs of a Prepper. Worth noting though, is that the integrity of your tendons and ligaments will stay with you longer than segmented muscle development and will reduce the likelihood of injury. Your core body strength will be better and far fewer calories are required to maintain the “iron shirt” body.

I know, this isn't the Schwarzenegger path. It is a given you should be able to do a respectable number of push-ups and sit-ups. I've found that doing iron shirt results in the core body strength I need. Your muscles will not segment. Sparring against someone who is bulky is easier than sparring against someone who is lean but has great core body strength.

Even with a great plan being well prepped, if you have a weak immune system you will be a burden on others or will simply not make it.

## Hydration.

Staying hydrated is critical in any survival situation. Having clean water on hand is the first line of defense, followed by having a good water filter/purifier and water purification tablets in case your supply runs out or you have to be on the move.

The following topic is controversial, but what do you do in the event that you completely run out of water? There is no “conclusive” evidence within American Western science to support the following. That topic is drinking your own urine.

The Discovery Show’s Bear Grylls, Haitian earthquake survivors and Aron Ralston (film: 127 Hours) who cut his own arm off to escape being pinned by a rock, and a list of countless other survivors and physicians, including those linked below, advocate drinking urine.

The argument against drinking urine in a survival situation is that when you are already thirsty your urine has a higher content of toxins which could be harmful to your body. In other words, don’t wait until you are thirsty to begin. Ideally, avoid drinking from the first part of the urine stream and the last.

\*Urine, supporting opinions of primarily European physicians:

<http://www.healingcancernaturally.com/urine-therapy.html>

\*Urine therapy conspiracy style: <http://vaticproject.blogspot.com/2010/09/natural-remedies-urine-therapy-benefits.html>

\*Urine therapy: <http://www.mixedmartialarts.com/news/234754/Machidas-dad-explains-benefits-of-urine-drinking-then-does-it>

The pH level is recognized as protecting your teeth as well. Dental kits and how to blogs for dentistry for Preppers are common and devoid of this technique from my research.

\*Urine, dental remedy: [http://www.whale.to/a/urine\\_therapy87.html](http://www.whale.to/a/urine_therapy87.html)

## **Protecting Yourself Against Radiation.**

North Korea's nuclear is sometimes listed as a reason to prep on websites yet I don't see references to macrobiotic training considered as prepping on sites I've viewed—only on forums. Macrobiotic training is a way of eating and living to strengthen your body and help you to flush radiation out of your body. "Macro" has a positive documented track record for treating post WW2 Nagasaki and Hiroshima survivors. The macro community in Japan is much stronger than I see in other parts of the world. Sometimes history has to hit closer to home to stick. Maybe people need to be closer to the experience to recognize its usefulness.

\*Macrobiotic link westernized: <http://ebookbrowse.net/zen-pdf-d38987884> and duplicate: <http://www.youngagain.org/books/Zen.pdf>

\*Macrobiotic link on surviving radiation: [Surviving Harmful Radiation - George Ohsawa Macrobiotic](http://www.ohsawamacrobiotics.com/earticles/radiation-jf.pdf). <http://www.ohsawamacrobiotics.com/earticles/radiation-jf.pdf>..

Spinning the globe to Europe, I learned macrobiotics from Lino Stanchich. Lino's dad was a WW2 concentration camp survivor who attributed his survival to chewing his food 150x and water 50x before swallowing which alkalinizes the food conserving energy needed for digestion. Less food became needed for survival. Some days passed with no food. Lino's dad probably was a Prepper, too.

## Conclusion

This covers the basics of Prepping. It is my hope that you will use the resources linked to in this book to read further into Prepping strategies. Many strategies that go beyond basic Prepping are detailed well at those resource sites.

Building the discipline to develop your own resilience for when bug-outs go wrong is something not found so easily on any website. With patience and time not only can you develop a tougher body and mind, but your natural instincts will improve as well. This will help you make better decisions, such as knowing when to bug-out in the event of a SHTF or WROL scenario.

Thanks for reading, and remember to always stay prepared.

If you found this guide helpful, you also might like these books on sustainability:

[\*\*Modern Rustic: Starting a Homestead:\*\*](#) A Guide to Buying Property and Moving Toward Self-Sufficiency

[\*\*Modern Rustic: Homesteading and Self-Sufficiency Skills and Equipment:\*\*](#) A How-to Skills and Idea Guide for Do-It-Yourself Homesteaders

[\*\*Extending Your Growing Season:\*\*](#) An Integrated Approach to Year-Round Gardening in Cold Climates